scheduling a time for transmitting a unit of programming from each of said plurality of intermediate transmission stations to a subscriber, the scheduled times differing from intermediate station to intermediate station;

communicating to a computer at each intermediate transmission station the scheduled time for its intermediate transmission station to transmit said unit of programming to a subscriber;

transmitting said unit of programming to said plurality of interemediate transmission station;

controlling each of said plurality of intermediate transmission stations to receive and store said unit of programming for a period of time; and

controlling each of said plurality of intermediate transmission stations to transmit said received and stored unit of programming at its scheduled time.

3. A method of communicating programming to subscribers in a network, said network comprising one or more programming origination stations, a plurality of intermediate transmission stations, and a plurality of subscriber stations, each intermediate transmission station receiving programming from an origination station and retransmitting said received programming to at least one subscriber station, said method comprising the steps of:

scheduling a channel or frequency for transmitting a unit of programming from each of said plurality of intermediate transmission stations to a subscriber, the scheduled channels or frequencies differing from intermediate station to intermediate station;

communicating to a computer at each intermediate transmission station the scheduled channel or frequency for its intermediate transmission station to transmit said unit of programming to a subscriber;

transmitting said unit of programming to said plurality of interemediate transmission station;

controlling each of said plurality of intermediate transmission stations to receive and store said unit of programming for a period of time; and

controlling each of said plurality of intermediate transmission stations to transmit said received and stored unit of programming on its scheduled channel or frequency.

4. A method of communicating programming to subscribers in a network, said network comprising one or more programming origination stations, a plurality of intermediate transmission stations, and a plurality of subscriber stations, each intermediate transmission station receiving programming from an origination station and retransmitting said received programming to at least one subscriber station, said method comprising the steps of:

scheduling a time and a channel or frequency for transmitting a unit of programming from each of said plurality of intermediate transmission stations to a subscriber, the scheduled times or channels or frequencies differing from intermediate station to intermediate station;

communicating to a computer at each intermediate transmission station a scheduled time or channel or frequency for its intermediate transmission station to transmit said unit of programming to a subscriber;